

Health management programs

All health management programs are available at no cost to State Health Plan primary members.

Back pain management

Health coaches educate members with back pain on techniques to help prevent or reduce the frequency and severity of their pain, proper lifting techniques, exercises to help them strengthen their posture and abdominal core and weight management.

Behavioral health management

Health coaches work one-on-one with members diagnosed with attention deficit hyperactivity disorder (ADHD), bipolar disorder and depression. They also offer support to members recovering from addiction and to pregnant women and new moms dealing with depression. Health coaches encourage the member to follow his or her treatment plan, help the member set goals and teach the member how to handle symptoms.

Chronic disease management

Health coaches work one-on-one with members diagnosed with asthma (pediatric and adult), coronary artery disease (CAD), congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), diabetes (pediatric and adult), high cholesterol, hypertension (high blood pressure) and metabolic syndrome. They will help you learn more about your condition and how to manage it. Your health coach will also work with your physician to develop a plan to take charge of your illness.

Maternity management

If you are a mother-to-be, you are encouraged to participate in the maternity management program. Medi-Call administers PEBA's comprehensive maternity management program. The program monitors expectant mothers throughout pregnancy and manages Neonatal Intensive Care Unit (NICU) infants or other babies with special needs until they are one year old. To enroll in the program, notify Medi-Call during the first trimester of your pregnancy.

Migraine management

This program encourages participants to work with his or her doctor to create a plan to ease the pain of migraine headaches. A health coach helps the member learn to identify migraine triggers, develop healthy habits to prevent migraines and comply with his or her treatment plan.

Tobacco cessation program

Enrollment in this program is available to any eligible member age 13 and older. The Quit for Life Program® helps participants stop using various tobacco products. A professionally trained Quit Coach®

works with each participant to create a personalized quit plan. For eligible participants, the program provides free nicotine replacement therapy, like patches, gum or lozenges. This program is offered at no cost to the member. For eligible participants, there is a \$0 copayment for tobacco cessation drugs, such as bupropion or Chantix, available through your prescription drug coverage at network pharmacies.

Weight management

The weight management program assists members, ages 18 and older, in helping achieve weight-loss goals through small changes made in the member's everyday life. When you enroll, you will receive information about weight management and a confidential survey that will help a registered nurse tailor the program to meet your needs.

Weight management for kids and teens

This confidential program is for overweight and obese dependents between the ages of two and 17. It is designed to teach children and their parents about healthy habits and help them work with their doctor on weight management. When you enroll, you will receive a parent's guide and tailored educational materials for your child. A personal health coach will be assigned to your child and will provide education and support to help you and your child overcome barriers to living a healthy lifestyle.